

11-11-14 Thomas S. Zima page 1
G-Wing Veterans Home
Rocky Hill

My Experience

I have lived at the home for 6 years. I am here because of a severe seizure caused by Alcohol + Drug Abuse. After being treated at the West Haven psych E.R. and a 30 day intense D-Tox program, I applied and was accepted as a resident. I agreed to obey the rules and regulations which actually help provide guidance for my recovery. I left my ego at the front gate.

I spent my 2 years at the Veterans Recovery Center (VRC) now known as the Fellowship House. During my time there I learned an awful lot about myself and coping skills to live a somewhat normal life. I must add that I remained in a brain fog for several years. However my desire to get healthy got stronger and stronger as long as I remained focused on my goals and the skills I was taught. Remarkably I became the maintainer (head custodian) and then elected to the Wing Monitor's position (platoon sergeant). In 2010 I was relocated to G-Wing in the Domicile as Monitor, where I remain today.

In addition I was elected as president of the Veterans Council which I remain to date.

I was also offered an opportunity to attend school for Recovery Support specialists, which I am now certified by the STATE of Connecticut.

I currently sponsor several Veterans in recovery. Hoping they will find their way to sobriety and achieving the ability to deal with reality responsibly.

The Veterans Home in Rocky Hill is a great stepping stone not only to recovery from abuses but provides a serious amount of resources from both the STATE and Federal V.A. system.

Health care, job placement, skill training, schooling, etc. etc..

My time is not spent on basement type complaints, but on self improvement and help others.

Using the V.A. system is a very, very, complex problem. However the folks here at the V.A. are well trained motivated people help me immensely, maneuvering thru the system.

My self and my family are grateful that the legislature has the good sense to assist our Veterans and their unique problems.

My family and I are also very grateful to the staff at Rocky Hill Veterans Home for their extreme tolerance.

This place saves lives

"There's Always Hope"

Thomas S. Zima

Recovery Support Specialist
Guide to Veteran's Benefits

860.681.7231

tomz06012@gmail.com

Respectfull Submitted
Thomas S. Zima

Thomas S. Zima
G-Wing Monitor

**A LIST OF BENEFITS A VETERAN
RECIEVES WHILE DOMICILED AT
VETERANS HOME**

ROCKY HILL.,CONNECTICUT

**THE LIST WAS CREATED TO
PROVIDE EXAMPLES OF
BENEFITS.**

**I STARTED THIS AT 14:30 HRS
9/6/14**

**I STOPPED AT 19:00 HRS THAT
EVENING**

**THERE IS NO REAL ORDER,
AS IT POPPED INTO MY HEAD**

THE LIST PAGE ONE

ROOF OVER YOUR HEAD.

HEAT AND AIR CONDITIONING.

3 HEALTHY MEALS A DAY.

CULTURALS, COOK OUTS, YOU CAN SPEAK TO A
DIETICIAN FOR SPECIAL REQUIREMENTS.

LINEN, PILLOWS, BED, BLANKETS, A DRESSOR FOR
CLOTHES, A DESK AND CHAIR.

CLEAN SHOWERS, CLEAN SINKS AND MIRRORS.

WASHER AND DRYER, WE ALSO HAVE A SERVICE THAT
CLEANS OUR LINEN WEEKLY.

CLEAN LIVING AREAS.

JOBS (WORK THERAPY PROGRAMS SO ONE EARN EXTRA
MONEY).

SCHOOLING AVAILABLE WITH TRANSPORTATION TO AND
FROM, IT, TRADES, CULINARY, AND COUNCILORS.

FULL SCALE LIBRARY.

THE VETERANS LIST PAGE TWO

BARBER SHOP

CANTEEN, SODA, COOKIES, POTATO CHIPS, ICE CREAM

BRAND NEW POOL TABLES, 6, AND POOL CONTESTS

GAME ROOM CARDS, SHUFFLE BOARD, ETC.

ICE CREAM, COFFEE, SODA, 6 CABLE CONNECTED TV'S,
EXTRA SPORTS CHANNELS. ITS CALLED WINNERS CIRCLE.

PORCHES WITH ROCKING CHAIRS, FOR READING AND
ENJOYING FRIENDSHIPS.

AUTOMOBILE PRIVLIGES, LIGHTED, PAVED PARKING LOT.

PLOWED DURING WINTER

A GARAGE TO DO SMALL REPAIRS ON YOUR CAR, WASH
AND WAX IT.

A CRAFT AREA FOR BUILDING MODELS ETC.

BASEBALL TEAM, FULL FIELD, BALLS BATS

PROVIDED.

PROFESIONAL GREEN HOUSE WITH GARDEN.

THE VETERANS LIST PAGE THREE

NEWLY PAVED ROADS AND SIDEWALKS, PLOWED
SHOVELD AND SANDED DURING WINTER MONTHS.

WELL MAINTAINED GROUNDS.

FULL MAINTENANCE CREW.

PLUMMING DEPARTMENT.

ELECTRICAL DEPARTMENT.

HEATING AND AIR CONDITIONING DEPARTMENT.

A VETERAN CAN LIVE HERE AND STILL MAINTAIN AN
OUTSIDE JOB IN THE PRIVATE SECTOR.

A SEPARATE BUILDING AND PROGRAM FOR VETERANS
THAT SEEK HELP FOR AA, NA, REHABILITATION.

WHAT YOU RECEIVE THERE

PRIVATE ROOM, 3 MEALS A DAY, PROFESSIONAL
COUNCILING, PHYSCIATRIC CARE, MEDICAL CARE, FULL
LIBRARY, REHABILITATION PROGRAMS, HEAT,
INDIVIDUAL ASSISTANCE, TRANSPORTATION TO OUTSIDE
AA AND NA MEETINGS.

THE VETERANS LIST PAGE FOUR

AUTO MOBILE PRIVILAGES

PARTICIPATION IN SPORTS ACTIVITIES,

ON SITE PAYING JOBS

CLEAN SHOWERS, BATHROOMS.

ON SITE AA AND NA MEETINGS.

SOBRIETY BOOKS, PAMPLETS.

WELL TRAINED COUNCILORS FOR INDIVIDUAL HELP'

FULL GARDEN, VEGETABLES AND FLOWER.

BYCICLES FOR EXERCISE, WIEGHT ROOM.

QUIT SMOKING PROGRAM

NEWS PARES, COMPUTERS, COMPUTER CLASSES

THE VETERANS LIST PAGE FIVE

SINCE A LOT OF THESE BUILDINGS WERE DESIGNED AND BUILT BEFORE A GREAT NEED FOR HANDICAPPED VETERANS WAS OFFICIALLY RECOGNIZED, THERE EXISTS AN AGGRESSIVE CONSTRUCTION PROGRAM TO MEET THIS MUCH NEEDED BENEFIT.

OUR HEALTH CARE FACILITY

WE HAVE A BRAND NEW HEALTH CARE FACILITY THAT OUTPERFORMS MANY PRIVATE ONES OF ITS SIZE.

PURPOSES

ASSIST VETERANS THAT HAVE BEEN AFFLICTED WITH LONG TERM ILLNESSES, SOMETIMES IT'S THEIR LAST STOP, THIS FACILITY IS WONDERFUL AT MAKING THEIR LIVES COMFORTABLE

THE VETERANS LIST PAGE SIX

HEALTH CARE FACILITY CONTINUED.

ITS ALSO A PLACE WHERE VETERANS FROM THE DOMICILE RECOUP FROM OPERATIONS,(ALSO A BENEFIT) OF ALL SORTS, HIP REPLACEMENT, KNEE REPLACEMENT, HEART ATTACKS, AND DENTAL TO NAME A FEW.

THIS FACILITY IS ALSO EQUIPPED WITH A DISPENSING KITCHEN TO SERVE BALANCED MEALS, AND SPECIALTY MEALS TO AILING VETERANS.

THERE ARE DOCTORS, APRNS, RNS, SPECIALISTS AVAILABLE TO DISPERS MEDICATIONS, TEND TO THE NEEDS OF VETERANS.

THERE IS ALSO A FULL REHABILITATION GYM WITH STATE OF THE ART EQUIPMENT AND TRAINED PERSONELL TO OPERATE ALL FUNCTIONS OF PHYSICAL REHABILITATION.

PRIVATE ROOMS, TV'S WITH CABLE, AND PRIVATE BATHS.

THE VETERANS LIST PAGE SEVEN

HEALTH CARE FACILITY CONTINUED.

TV ROOMS, GAMES, ENTERTAINMENT, ETC'

BARBER SHOP.

LAUNDRY ROOM.

PRIVATE VISITION ROOMS

A MILLION DOLLAR VIEW OF THE VALLEY

RELIGIOUS SERVICES WEEKLY

THE VETERANS PAGE EIGHT

MORE BENEFITS

TRANSPORTATION AND PAYMENT FOR OFF SITE MOVIES
AT LEAST ONCE A MONTH.

TRANSPORTATION AND PAYMENT FOR DEEP SEA
FISHING TRIPS AT LEAST 2 TIMES A YEAR.

TRANSPORTATION AND PAYMENT FOR BOWLING ONCE
A WEEK ALL YEAR LONG.

TRANSPORTATION FOR LOCAL SHOPPING ONCE A WEEK'
TRANSPORTATION AT AREA MALLS ONCE A MONTH.

TRANSPORTATION FOR MEDICAL APPOINTMENTS TO
THE NEWINGTON V.A. AND TO WEST HAVEN V.A. .

TRANSPORTATION TO LOCAL COLLEGES AND SCHOOLS
DAILY.

TRANSPORTATION TO AND FROM OUTINGS, SUCH AS
VFW, AMERICAN LEGION, AA AND NA PROGRAMS.

THE VETERANS LIST PAGE NINE

I'M NOT AN ADVERTIZER, NOR A SPELLER, PEPSI PROVIDES WITH FREE SODA OF ALL SORTS. THEY ALSO PROVIDE THE VETERANS COUNCIL, THRU THE ASSISTANCE OF PAUL LAPIER(DINNING ROOM DIRECTOR), WITH EXPIRED SODA CANS, THE COUNCIL THEN EMPTIES THESE CANS AND TURN THEM INTO CASH AT A RECYCLING CENETERS, THIS ALLOWS US TO FUND OUR PROJECTS, WE LIKE BEING SELF SUPPORTING WHEN CAN. THANK YOU PEPSI.

THE VETERANS LIST PAGE TEN

"B"

THE LIFE BLOOD OF HEALTH CARE AT ROCKY HILL
VETERANS HOME.

PURPOSE

PRIMARILY DISPURSE MEDICATION AND REPAIR MINER
CUTS AND BRUISES.

NOW TO WORK HERE, YOU MUST BE A RM. (REGISTERED
MOTHER) RN, PHYSCIATRIST, PHYSICOLOGIST,
COUNCILOR OF ALL TYPES, NUN, PRIEST, ENFORCER, AND
HOST OF THINGS I KNOW NOTHING ABOUT.

THEY MAKE SURE YOUR MEDICATIONS ARE DISTRIBUTED
IN A TIMELY MANNER.

THEY MAKE SURE YOU ARE NORIFIED OF MEDICAL
APPOINTMENTS, TIME AND PLACE.

JANIE WILL TELL YOU HOW YOU ARE GOING TO GET
THERE.

THIS IS WHERE YOU MEET YOUR APRN.

THE VETERANS LIST PAGE ELEVEN

"B" CLINIC CONTINUED

HERE YOU GET APPOINTMENTS TO PRIMARY CARE, RHEUMATOLOGY, X-RAYS, MRI, DENTAL, OR ANY SPECIALIST YOU NEED.

THEY ALSO DO BLOOD PRESSURE, DIABETIC INSULIN, ETEC., ERC..

SECURITY

WE ARE FORTUNATE TO HAVE OUR SECURITY DEPARTMENT. THESE MEN AND WOMEN ARE VERY WELL TRAINED PEOPLE (WITH THE PATIENCE OF A SAINT) TO MAINTAIN ORDER, THEY OF COURSE DO MORE THAN THAT. THEIR PRESENCE HERE IS VERY COMFORTING.

WE ALSO HAVE A PHONE SYSTEM THAT ALLOWS US TO MAKE LOCAL CALLS, OR LONG DISTANCE IF ITS MEDICAL OR AN EMERGENCY.

THE VETERANS LIST PAGE TWELVE

SUMMATION

I WOULD BE REMIS IF I DID NOT MENTION

COMMISSIONER: LYNDA SWARTZ

DIRECTOR OF DOMICILE: MARIA CHENEY

THESE TWO ADMINISTRATORS ARE VERY SMART AT SURROUNDING THEMSELVES WITH CAPABLE AND CARING PEOPLE THAT SEE TO IT THAT THIS FACILITY(IN MY EYES) IS THE BEST IN THE COUNTRY FOR WHAT IS ACCOMPLISHES HERE. I AM ATTACHING SEVERAL TESTAMONIALS OF LIVES THAT HAVE BEEN SAVED BECAUSE OF THIS FACILITY AND A STATE THAT CARES.

YA KNOW THEY SAY IF YOU SAVED ONE LIFE IT WAS WORTH IT, WELL COMMISSIONER YOU AND YOUR STAFF HAVE ACOMPLISHED THAT MANY TIMES OVER.

WELL I HAVE ACCOMPLISHED MY GOAL, THIS VETERANS LIST WAS DONE IN ONE SITTING,..JUST FROM THE TOP MY HEAD, YOU CAN TELL FROM THE SPELLING.

*What a pleasure it is to remind myself
how Lucky I am*

Shirley S. J. —
CH